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ABSTRACT OF THE DISCLOSURE

An expandable polystyrene composition in the form of expandable beads, comprising by weight (1) 100 parts of a styrene polymer, (2) from 2.2 to less than 4.0 parts of at least one blowing agent, and (3) from 0.01 to 0.4 part of at least one plasticizing. The composition is particularly useful for manufacturing medium density expanded moulded polystyrene objects, particularly with a density from 40 to 190 g/l. A process for manufacturing such objects is provided, together with pre-expanded beads with a bulk density of 40 to 190 g/l, containing by weight (a) 100 parts of a styrene polymer, (b) from 0.5 to less than 3.0 parts of at least one blowing agent, and (c) from 0 to 0.4 part of at least one plasticizing agent.